

*Ball* *W. B. Ball*  
**REPORT**

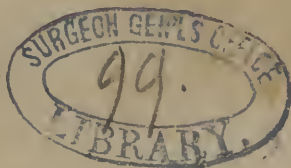
MADE TO THE

LEGISLATURE OF NEW HAMPSHIRE

ON THE SUBJECT OF

**THE INSANE.**

—  
JUNE SESSION, 1836.  
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*By Carter L. Ball.*

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STATE OF NEW HAMPSHIRE.

IN THE HOUSE OF REPRESENTATIVES, }  
JUNE 16, 1836. }

The Committee to whom was referred so much of the Governor's message as relates to insane persons in this State, the memorials and petitions praying for the establishment of an Insane Asylum, and the statistical returns from the towns of the number and condition of the insane,—submit the following REPORT.

## R E P O R T .

Many facts have come to the knowledge of this Committee evincing the general and profound interest at present existing in regard to this subject. The petitions before them comprise the names of over 2000 individuals in nineteen towns:—public meetings, expressing an almost unanimous voice, have been held in many of our largest and most important towns to take the expression of public sentiment on this topic; the voice of the public press, representing as it does the views of every party in politics, every sect in religion, indeed forming in its extent almost the echo of individual opinion, has, with perhaps a solitary exception, united in favor of legislative action in the case of the insane. In the various returns made at three different years and from several hundred individuals in all pursuits and classes, with a single dissentient voice, wherever an opinion has been suggested, it has been that breathing the warmest feeling that no further delay should be made, in taking measures for relieving this class of our fellow citizens. Thus impressed with the importance which the matter committed to them obtains in the eye of our constituents, we have endeavored to analyze and digest the facts which have been put in our possession, and to record such results as the limited time and immense mass of documents in which the facts are contained, will permit. In the returns made from the various towns, principally during the present year, referring in some instances to those of the last season, and in a very few cases to those of 1832 where the more recent returns have not been received, they find the following results:

The number of towns returned having insane is,	141
Number of inhabitants in 141 towns returned,	173,773
Having no insane,	20
Number of inhabitants in 20 towns having no insane,	19,796
Number of insane paupers supported entirely at a public charge,	152

Number not paupers,	160
Whole number of insane returned,	312
Whole number of inhabitants in all the towns returned is,	193,569
Number returned as <i>confined</i> , including all in cages, jails, close rooms, chains, handcuffs &c. &c. a few of which number are reported as "lately confined" "sometimes confined" &c.	81
The average period which the insanity has existed in the individuals as far as reported, viz. in 233 individuals and comprising periods from 2 weeks to 60 years; is about	13 1-2 years.

The Committee feel that neither the time nor the occasion require them to allude to instances of the aggravated and almost incredible suffering of the insane poor, which have come to their knowledge; they are convinced that this legislature require no high wrought pictures of the various gradations of intense misery to which the pauper lunatic is subjected, extending from his incarceration in the cold, narrow, sunless, fireless cell of the alms-house, to the scarcely more humane disposal of him by "selling at auction" as it is called, by which he falls into the tender mercies of the most abject and worthless of society, who, alone, could be excited by cupidity to such a revolting charge. Suffice it to say on this point that your Committee are satisfied, that the horrors of the present condition of the insane poor in New-Hampshire are far from having been exaggerated. They have found that public officers and citizens of towns have naturally been unwilling, that the extent and particulars of what many of them doubtless sincerely believe a necessary, or at least an unavoidable severity, should be blazoned forth to the public; those having the charge of insane friends have been found often unwilling even to refer to the maladies, still less to speak of the treatment and condition which they conscientiously think unavoidable in their circumstances, for they might naturally, nay must certainly expect to be denounced as inhuman barbarians, by those who could not judge by experience of the dreadful necessities of a family having a frantic inmate.

In view of this immense mass of unmitigated, undiluted misery, the question will spontaneously occur what can be done for its alleviation and prevention?

To this interrogation the Committee rejoice that it is in their power to present an answer in facts as decisive as they are irrefragable; as gratifying as the evil is dreadful. They will take it as a principle universally admitted by all who have examined this subject, exemplified in the practice of all civilized nations, that the only hope of restoring the insane to soundness of mind exists in the agency of institutions in which they can be separated from the community, and be subjected to a course of medical and moral management well understood, very peculiar and wonderfully successful. They regard this principle of the hopelessness of the recovery of the insane under the ordinary mode of treating other bodily diseases, as established from the first history of the healing art, and the opinions of those best qualified to judge, will sustain them in the assertion, that notwithstanding all the advances and improvements of medical science, the success of the physician under common circumstances in "administering to the mind diseased," is no greater at the present day than it was in the days of Hippocrates or Galen. This principle was too much overlooked in practice till near the end of the last century, since which time every civilized nation of Europe in its public authorities has turned its attention towards proper receptacles for the insane and have succeeded according to the wealth, wants or genius of each people. In the United States within the last 20 years the subject has been brought before the public so successfully, that nearly one half the States of the confederacy have taken measures to provide for their necessities in this respect.

The facts as to the duration of insanity in individuals just reported, speak volumes as to its intractability under common treatment. The average period proves to be between 13 and 14 years, nor in the comparison of the reports made in 1832 and 1836 comprising a period of four years, have there been found more than a very rare occasional instance of amendment. Is insanity a disease limiting itself in violence or duration? does it arrive like any of the self-limited maladies, like fevers or consumptions, at a crisis, working out its own cure, or terminating its own existence by destroying the life of the individual? So far from this is it, that the personal observation of almost every man will fail to recall an instance of spontaneous cessation of well marked lunacy. So far from this is it, that the natural tendency is to become more exas-

perated, more disgusting, more unmanageable. We shall presently have occasion to show how immensely the probability of recovery diminishes every year that the malady continues unalleviated. The insane too are proverbially long lived, their disease does not tend towards death; and this fact taken in conjunction with certain peculiar and yearly augmenting moral causes of insanity, must convince us that the evils are increasing; that the number of victims will be augmented faster in proportion, than the increase of our population.

There are three points of view in which the establishment of an Insane Asylum should be regarded:—

1. As a curative institution, restoring those intrusted to its charge to the exercise of reason and to their duties in society.

2. The influence of such an institution in diminishing the amount of public suffering, both in alleviating the condition of the insane inmates who may be beyond the reach of successful medication, and removing the immense weight of anxiety and distress and danger of their connections and relatives.

3. As a place of custody for those endangering the lives and safety of the community and their own persons.

The first of these desiderata has been that which has always been most prominently presented to the public eye. It is the result the most striking, brilliant and almost magical. It is natural that the friends of these Asyls should point with gratification to the immense proportion of cases they have completely cured, when they have had a fair opportunity of early treatment. Yet your Committee believe that the view of the immense diminution of misery to the sufferer which will be illustrated in some extracts they are about to present, and relief to his friends, are, if less striking, still no less convincing results.

The entire facts in regard to these establishments in many countries are within reach. We need not however look for any data beyond those derived from institutions in our own section of the confederacy, for every fact, detail and circumstance to enable us to judge and act wisely, understandingly and conscientiously in the premises; facts, which are of peculiar value, as grounded on evidence almost identical with those existing among ourselves.

It is in some respects fortunate for us, however discreditable it may in other points of view, be deemed, that we are amongst the



last in the northern states to engage in this object; fortunate, because we now have the whole experiment commenced, tried and tested; offered to our hands liberally and freely by those who have passed through the whole routine of doubt, disappointment, expence and risk in establishing what your memorialists pray for.— The whole preliminaries, so disheartening and uncertain, have been settled elsewhere. There would seem to remain no difficulty in following, as far as circumstances correspond, an example secured and verified at an expence of time, labour and treasure, infinitely greater than has been suggested by the friends of the most liberal and extended schemes proposed for this State. The tried models before us are capable of being followed and imitated with equal success and as hereafter will be shown at vastly less expence, in every proper item and particular, from the grand principles of medical and moral treatment down to the most convenient form of a *window sash or door latch*. These pattern institutions, being, as it were, in our very midst, give us facilities which they themselves had to go to Europe to obtain, with the additional advantages of their own improvements, of an exactly similar character of the derangement to be combatted, which varies in different nations, and of the means of treatment to be pursued, of an identity in the whole necessary arrangements down to the smallest minutiae and detail as well as such precise and definite statements of the first cost of establishing and subsequent expence of supporting, as will, modified by adaptation to the difference of our location, enable us to judge accurately.

With us there need be no venturing in the dark, no engaging in doubtful and untried projects. We have the means of knowing within an indefinitely small proportion every fact respecting the results, of an Insane Hospital in this State, with nearly as much accuracy and certainty as if it had been years in operation. The reports of the various American Asyls have apparently, with a diffusive benevolence not too much to be commended, labored to afford other communities the means of knowing precisely, definitely, specifically, whether or not it would be expedient for them to follow in the establishment of similar institutions. They give us what we exactly need; not philosophical or ethical disquisitions on insanity, not appeals to our feelings, not diffuse and general statements of facts, not loose suggestions of what has been, what

is to be, or what is desirable to be accomplished, but the minute and detailed account of their whole proceedings, their entire results, the whole bill of their expences down to items the most inconsiderable in themselves, but still important, as evincing a degree of exactness, forming the highest guaranty against our comparatively small and by no means wealthy community, unwittingly plunging into a business of never ending, reckless, irresponsible expenditure.

The eminent gentlemen superintending these Asyls in other states, have exhibited a willingness to communicate such information as their increased experience is continually producing them; a strong desire to forward a cause with which they and their reputations are so much identified, a disposition to spare no personal labor or trouble in affording desired information, in their communication with some of the Committee, which deserves this public recognition, as well as gives assurance of their further willingness to extend their valuable assistance, if desired.

The Committee are aware of no method by which so definite and just a view of the subject of an insane asylum can be afforded, as in a brief analysis of the results of the several institutions which have been for some years in operation in the northern section of the United States.

Commencing at the most distant of these, that at Bloomingdale, seven miles from the city of New-York, they find by public documents communicated by Doctor MACDONALD, its superintendent, that from the period of its being opened in 1821 to the present year, a single year 1833 not being reported, comprising a period of 14 years, the whole number admitted has been 1777

„	cured	„	770
„	improved	„	319
„	died	„	136

discharged, eloped and improper subjects 448.

By the reports of the two last years it appears that in 1835, of 57 recent cases, that is, where the patients have been insane one year or less, 41 were cured; (out of 165 old cases many of which had long been accumulating in the hospital, 10 only were cured.) In 1836, of 68 recent cases, the number found to be cured was 52, and only 16 out of 173 old cases cured and discharged improved.

By another account made some years since, it appears that the



proportion of recoveries of cases not exceeding one year's standing, is 70 in 100 of the whole number. For the space of 8 years prior to this return, the per centage of all cases absolutely and entirely cured, not including those who were discharged in an improved state, was more than 46 in an 100. With regard to the management of the insane at this asylum it is remarked:—"The patients are arranged in classes according to the form which their particular maniacal delusions have assumed—and treated in that manner which seems best adapted to their morbid associations of ideas, in restoring the power and habits of self control; in substituting agreeable sensations and reflections for those which are painful and irritating, in inducing a habit of employing their judgment, which like every other faculty is strengthened by exercise. The means of effecting these ends must be adapted to the case of each patient and are of course extremely various. Harsh treatment and all needless restraint is avoided. Chains are not used; even confinement to the cells is seldom resorted to. As much liberty as is consistent with the safety of the patients is allowed; many are permitted to leave the house and to employ themselves in the garden or on the farm. They are taken out to ride in a carriage kept for that purpose; occupations of different kinds are afforded them and they are permitted to partake of various innocent amusements; they are allowed to dine together in classes and every thing that can appropriately contribute to their comfort is particularly attended to; the bible is occasionally read to them and on the Sabbath a minister of the gospel is provided for the benefit of those who are susceptible of profiting by his instructions, a library, &c.

This institution has been always richly patronised by the State.

The Connecticut retreat for the Insane was founded through the combined liberality of the Legislature of that State and its citizens, is situated at Hartford and was opened in 1824. The number of patients has averaged about 50, though of late years 60 to 70 have generally been admitted at once. The entire number admitted since its establishment has been 516, of which 253 have been recent cases; of these last 230 have recovered, a ratio of a little more than 90 9-10 per cent. Of 263 old cases, 62 have recovered, a ratio of 27 3-10 per cent.

A better general view of this institution cannot be given, than

in the following extracts from the annual report of its medical visitors, a committee of distinguished medical practitioners to whom the duty of supervision of the curative management is delegated.

"In respect to the moral and intellectual treatment, the first business of a physician on the admission of a patient is, to gain his entire confidence. With this view he is treated with the greatest kindness, however violent his conduct may be, is allowed all the liberty his case admits of, and is made to understand, if he is still capable of reflection, that so far from having arrived at a mad-house, where he is to be confined, he is come to a pleasant and peaceful residence, where all kindness and attention will be shown him and where every means will be employed for the recovery of his health. In case coercion and confinement become necessary, it is impressed upon his mind, that it is not to be done for the purpose of punishment but for his own safety and that of his keepers. In no case is deception on the patient employed or allowed—on the contrary, the greatest frankness as well as kindness, forms a part of the moral treatment. His case is explained to him and he is made to understand as far as possible, the reasons why the treatment to which he is subjected has become necessary.

By this course of intellectual management, it has been found as a matter of experience at our institution, that patients who had always been raving when confined without being told the reason, and refractory when commanded instead of being intreated, soon became peaceable and docile.

This kind of treatment of course does not apply to idiots or those laboring under low grades of mental imbecility, but it is applicable to every other class of mental diseases, whether maniacal or melancholic."

In their report for 1830, the visitors remark:—

"The number of recoveries of recent cases in this institution has been greater for the last four years, than in any other like establishment in this country.

"No public institution in Europe, whose reports we have seen, claims to have cured over 71 1-2 per cent of recent cases, and they average less than 40 of all. This institution reports a cure of over 91 per cent. of recent cases and an average of 51 of all."

"We are perfectly satisfied that under the present benevolent

and enlightened policy, no institution in the country can exceed this in the comfort and contentment of its inmates, or in the prospect afforded for the restoration of diseased intellect. We do not speak of this invidiously: we estimate highly all the institutions of this character in this country and believe they are not excelled by those of any other. We have witnessed in our monthly visits to this institution, the influence of kindness, sympathy and affection, in soothing the ravings of the furious, in encouraging the hopes of the desponding and arousing the melancholic from his gloomy musings—we have seen the mind emerging from the cloud which enveloped it and by degrees assuming its empire, till at last reason has been confirmed and all the hidden attributes of intellect brought out and displayed in native strength and lustre. A period of six years has elapsed since the first opening of this institution for the reception of patients. During this period we have seen more than 100 individuals who were laboring under the delusions of insanity, wretched in themselves, and the occasion of immeasurable affliction to their friends, restored to health, to usefulness and the proud prerogatives of a rational mind.” “Contemplate,” they continue, “for a moment, the benefits of the retreat, thus extended in its infancy sending forth one hundred rational minds to diffuse comfort and happiness around them, in exchange for the ravings of the maniac or the distempered illusions of the melancholic. Reflect that the restoration of this 100 sends joy and happiness into families and communities and that thousands are benefitted by the cure of even this small number; that parents are restored to children, whose condition would be worse than orphanage; that children have been returned to parents who would otherwise have mourned as those without hope.”

The report further remarks:—“The benevolent mind cannot contemplate without horror, the possibility of a recurrence to the old system of management in which the whip was the incentive to action and the damp and dreary dungeon was the abode alike of the maniac and the convict!”

“The law of kindness is the most effectual control for mental or moral alienation. The system of government adopted in this Institution is truly parental. No violence is permitted and no restraints are allowed, but such as are necessary for the welfare of the patients. The attendants are required to be mild and for-

bearing, neither to be harsh in language or in manner; by this means the patient often becomes much attached to his attendant, and almost without exception to his physician."

With respect to the Mc Lean Asylum at Charlestown, connected with the Massachusetts General Hospital, and founded by private subscription and the liberal donation of the individual from whom it has received its name, the Committee have no statistical facts except those contained in its last report. Its number of patients from 1821, the year of its opening, to 1836, was 1201, and it has always been deemed a very successful institution. In 1835 from May to December, of the 39 recent cases, 34 were recovered; of the old cases of more than a year's continuance, 6 out of 59 were recovered; convalescent and much improved. This report observes:—

"Our quiet and convalescent patients are also taken with us to church, to visit places of interest and amusement, are taken into our family, dine at our table, and sit in our parlours; they are made to feel as far as possible, that in coming here, they have only found a new home, new friends, new brothers and sisters; and that we are interested to promote their comfort, welfare and happiness. In the location of patients, this object is constantly kept in view and they are brought forward as fast as possible and are deprived of privileges and returned to the lower stories, only when they have proved by their conduct that they cannot exercise proper self control. No punishment in any case permitted and the only means which can be regarded as corrective are the deprivation of some accustomed privilege, change of location and the occasional use of the shower bath with the noisy and filthy. Personal restraint is in no case made use of, except with those disposed to destroy clothing or other property, and with the furious to prevent injury to themselves or others; the number is always small who require any personal restraint."

With regard to the institutions enumerated, your Committee have not referred to the expense either of their endowment or their being carried on; and for this reason. They have been founded and are kept in operation with a view to the classes of society able to pay an equivalent for the advantages received. Consequently the whole style of outfit, expenditure and arrangement in a pecuni-

any point of view are not analogous to any suggested institution for the pauper and other insane, of New-Hampshire.

The State Lunatic Hospital at Worcester, however, established at the sole expense of the State of Massachusetts, and forming a glorious monument of the liberality and philanthropy of that Commonwealth, being in fact the only Asylum for Insane paupers in the United States at the present time, though many others are in progress, from its success, its widely extended benefits, its comparatively moderate expenditures, well deserves to be held up as a model for our imitation whilst the universal satisfaction with which the people have viewed its results may well prevent any apprehension of regret, disappointment or dissatisfaction to the people of this State should its legislature resolve to follow its example.

To the 30th of last November the number of patients admitted into this Hospital has been 385; of these cases, and from the fact that they comprised all who had been accumulating in jails, &c. for years, they were of the most unpromising description as far as actual cure is regarded, 53 3-4 per cent. were recovered. Of those whose malady was of less than a years standing, 80 per cent. were entirely restored. Of the old cases 27 per cent. were cured.

In their report made a short time after the institution was opened the Trustees remark:—

“But however deeply all our better feelings may be moved, by the reflection that thirty-two of our fellow beings, under the auspicious influences of this institution have already been restored to reason and returned to bless their families and friends, who under the former coercive system of treatment would have mourned their loss “without hope;” yet the ameliorated condition of such as have not recovered, the trustees regard as a subject for equal congratulation among men and gratitude to Heaven. No one who has not actually seen from time to time, the inmates of the Hospital, can comprehend the extent of the change which has taken place in every external indication that marks the physical and moral condition of a human being. Many who in their paroxysms, used formerly to wound and lacerate their own persons to a degree, that threatened life itself, now habitually exercise an ordina-



ry degree of prudence in avoiding the common causes of annoyance or accident. Not less than 100 of those brought to the Hospital seemed to regard human beings as enemies, and their first impulse was to assail them with open or disguised force.— Now there are not more than twelve who offer violence. Of forty persons who formerly divested themselves of clothing, even in the most inclement seasons of the year, only eight do it now. Through all the galleries there is far less susceptibility to excitement, more quietude, more civility and kindness exercised towards each other. The wailings of the desponding and the ravings of the frantic are dispelled. The internal change is legible upon the countenance. With the insane it is emphatically true that the dark shadows of the mind are visibly projected upon the face. Hence from the alteration which has in many instances occurred in the outer aspect, amounting to almost a change in identity, there may be inferred a corresponding alteration of the condition within. The deep lines of anguish have been obliterated or softened, whose sharp engravings were begun, many years ago in despair. The wide circle and heart sickening variety of horrors, exhibited by the inmates of our institution when first brought together, as though every region of the “dark immense” of insanity had sent a representative of its terrors, have been greatly reduced in extent and mitigated in quality. If the erroneous action of the mind, has not yet been rectified, the dreadful emotions that once accompanied and aggravated its movements have been dispelled and they are now succeeded by milder and more peaceful sentiments. Happily, the feelings and emotions may be divested of their pain and terror even after the intellect has forever lost all power of distinguishing the true from the false in its ideas and perceptions.”

“The system of treatment,” it continues, “from which the foregoing results have been realised has been a continued endeavor to preserve or re-establish the bodily health of the patient, by careful attention to cleanliness, exercise, air and a suitable diet. It has been the law of all those engaged in administering the daily affairs of the institution to exclude as far as in manner possible all causes of mental disquietude, by substituting persuasion for force, by practising forbearance, mildness and all the nameless offices of humanity and by imbuing in every practicable way, the minds of



the patients with a new set of pleasing, cheerful, grateful and benevolent emotions. In fine the whole scheme of moral treatment is embraced in a single idea, humanity—the law of love—that sympathy which appropriates another's consciousness of pain and makes it a personal relief from suffering, whenever another's sufferings are relieved." In their last report the same body observe that "the extent of its benefits and the nature of them may best be made known and appreciated by an exposition of a few cases reported by the superintendent.

No. 1. One case reported by the Commissioners for the erection of the Hospital had been, when he was brought to the institution 28 years in prison; seven years he had not felt the influence of fire and many nights he had not laid down for fear of freezing. He had not been shaved for 28 years and he had been provoked and excited by the introduction of hundreds to see the exhibitions of his raving. He is now and has been comfortable in health, well clad, keeps his bed and room remarkably clean, and although very insane on certain subjects, is most of the time pleasant, companionable and entirely harmless and docile. He shaves himself twice a week, sits at table with 16 others, takes his meals, walks about the village and over the fields with an attendant to accompany him and enjoys himself as well as his illusions will permit.—This man committed homicide.

No. 2. Had been in one prison 14 years; he was naked, his hair and beard grown long and his skin so entirely filled with the dust of charcoal as to render it impossible from its appearance to discover what nation he was of. He was in the habit of screaming so loud as to annoy the whole neighborhood and was considered a most dangerous and desperate man. When he came to the hospital he was provided with a new suit of clothes, which the sheriff advised us to have taken off and preserved as he doubted not he would strip them in tatters in two hours. He was however induced to preserve them with great care, and has constantly for two years worn his clothes, sleeps in a good bed, sits at a table to take his meals and is quite a civil, although a very insane man.

He too committed homicide.

No. 3. An old man of 70 years of age or more, had been *chained* for 25 years and had his chain taken off but once in that time. He has for many months been very quiet and civil and be-

haves like a gentleman, and although quite insane, keeps his room in good order and takes his meals at table with 17 others with the utmost propriety.

No. 4. A female, had been so long confined with a *short chain*, as wholly to lose the use of her lower limbs. Her health had been materially impaired by confinement, and she was unable to stand and had not walked for years. In the hospital her health has been restored, her limbs rendered again useful, so that she walks without difficulty, is now in the enjoyment of health and reason, and able to labor sufficiently to support herself. She is now with her friends.

No. 5. Is a mechanic who had been in close confinement for six years. He committed homicide: and, if this institution had not been erected, would probably never have been permitted to leave his cell. He is now a useful mechanic, labors a great portion of his time—often reads his bible and the public papers—is exceedingly rejoiced that this place has been provided for him; and blesses its founders and conductors daily for the benefits conferred by it on himself and other inmates. He walks abroad and often attends church.

No. 6. was confined 17 years before he was removed to the hospital. He was very violent and dangerous, often in chains notwithstanding he was in a strong prison room. He used to scream and commit acts of violence that required the most rigid restraint. He is now well dressed, civil and although often excited is respectful and pleasant—is in the habit of assisting the females in washing the floors, drawing water, preparing food, and similar domestic offices, and is about the premises without restraint.

He committed homicide.

No. 7. Had been confined a violent maniac. Had been caged and chained for years. It was concluded to set him free and see how he would conduct. He fell foul of his brother and killed him with a bludgeon, and, pursuing his sister, would probably have done the same to her had he not been arrested in season to prevent it. When caged he was naked and filthy; but now dresses neatly, is cleanly and civil; mingles freely with 16 other persons and though quite insane, is to us perfectly harmless.

No. 10. Had been insane 8 years; almost the whole of this time in jail and in a cage. He cut the throat of an infant while

sleeping in a cradle, instantly killing it; and made an attack with an axe upon an aged man at the same time. It is stated that he was in a most wretched condition before he came here. He is now insane but pleasant; keeps his bed and room in good order, takes his meals regularly at the table, spends much time in reading and conversing with the inmates and labors some.

No. 12. A patient 6 years confined for homicide in close jail, and probably would have been confined for life. After six months here he commenced labor and has not only continued it daily, but takes excellent care of every thing connected with the farming and gardening establishments. He is pleasant, very mild in his feelings, and ready to perform every thing that is required of him. He is trustworthy and can perform labor without superintendence. We have frequently noticed the novel spectacle of two men ploughing in the field alone, *both insane, both having committed homicide*, and both having been confined in jail for a very long time."

"Many other similar cases might be named. They were all considered incurable, but are now comfortable, pay great attention to habits of cleanliness and order. We have remarked that when one of these men has been placed in solitary confinement and suffered to remain a few days without inspection, the disposition to tear clothing, to go naked and filthy, returns. We have many that have for years been naked, exceedingly filthy and violent, that are now well clad, decent and civil. We have probably fifty who *have been* so; at present scarcely half a dozen remaining in these habits." This establishment was founded at the expense of the State, at what cost the committee had no means of ascertaining. By the last treasurer's report it would appear that its entire expenditures for the year 1835 were rising \$15000. Of this about \$12000 was paid by towns and individuals for the support of patients, leaving the amount of about \$4000 to meet the expense of such paupers as in this State would fall under the appellation of county paupers. The average number of patients is 115 to 120; "so that the actual cost for each is estimated at \$2,50 per week." "Should the Legislature," continues this report, "think it expedient to erect a hospital for that class of patients deemed incurable, yet unsafe to go at large, as no more expense would be requisite for Superintendent, Steward and Assistant Physician, there can be little doubt that the occupants of such a building might be supported for about \$1,50 per week."

The committee would refer to the fact illustrating the sentiment prevailing amongst the people of Massachusetts as to the benefits of this institution where no patients are admitted except paid for by the towns or friends or who are county charges, [and of course there paupers being sent is optional with the towns in which the patients reside,] that in 6 months of last year in which a record was kept, 46 sufferers were rejected for want of room out of 73 applications.— Enough has been said, it is believed fully to illustrate the advantages which are to be expected from this kind of institutions.

The only point which remains to be considered is, whether such an establishment can be founded at an expenditure commensurate with its advantages to the public, consistent with the economical habits of our people, and which will afford a grateful instead of a mortifying subject for their future reflections.

From the number of insane in the towns reported, 312, your committee feel safe in estimating the whole number in the State, at about 350: of these about 120 to 30 can be judged fit subjects for the aids of a public institution, making a number about equal to that accommodated at Worcester. By these returns your committee are satisfied that the present actual average cost of supporting the insane poor of this State is very near the sum estimated by the late Governor Dinsmoor, viz. about \$78 each per annum. We have seen that at Worcester the expense of one class of patients is \$2,50 per week; of another \$1,50; if these classes were equal in numbers as they nearly are at that Hospital, the average cost then remains at \$2,00 per week. Let any person make the briefest comparison of the leading items of expense, such as salaries, wages, provisions, fuel &c. in the large and populous town of Worcester, with what it would be in the interior of New-Hampshire, and not a doubt can remain that the same number could be equally well sustained here at \$1,50 per week, a cost in fact below their present actual expense to our communities. If in addition to this the very important fact be regarded, that each one of these insane, who is so situated as to have others depending upon him to support, is of necessity compelled to transfer the burden over to the public, thus indirectly increasing the cost of insanity to the people; and if it also be considered that a burden of years must be expected in every case from the hopelessness of cure,

which would to a great extent be removed by the curative influences of an asylum, the committee feel sure that, so far from the institution being an expense to the public, it would be most desirable as an economical, money-saving establishment, without looking at any benefits of cure, amelioration or safety. The committee rejoice that there is still another point of view, which has been presented by the experience of the few last years in such institutions, which they feel must remove the lingering apprehensions of any that an Insane Asylum would be any additional charge beyond its first erection and commencement. It has been found by actual experience that such establishments can be made to a very considerable extent self-supporting institutions; that a large proportion, about one half, at most hospitals, are in such a condition as to render them not only capable of productive labour, but that such labor is of immense consequence as regards cure. The committee beg leave to refer to the opinions of two gentlemen, which have been communicated to them, whose views from their situations and their long and successful experience in the management of the insane, are entitled to as much weight as any human opinion. Dr. LEE, Superintendent of the Asylum at Charlestown, observes under date of Jan. 28th, 1836,—“There are objects to be sought for in connection with an Asylum for the insane, which I consider of the greatest importance.” “Almost every writer upon the treatment of the insane has spoken of the advantage of occupation and labour as contributing to their recovery, and yet the institutions of this country are very deficient in the means for affording it. The three public institutions in New-England have not 20 acres of land attached to each establishment. No one ought to have less than 50, and an institution established by the State for pauper lunatics ought not to have less than 100 acres and even that number would probably be too small should there be 150 or 200 patients. Pasture, meadow and tillage land should be had in abundance; the farm should be well stocked; cattle, sheep, and swine raised for the use of the institution, should be fed from the produce of the farm; corn, potatoes, grain, flax, all kinds of garden sauce, &c. &c., should be raised by the labor of the patients. This is not all; there should be dairy rooms, work shops and store houses, all arranged for the particular object of employing them. They should be engaged (in times and



seasons for the several labors,) in cutting, making and loading hay; planting, sowing, cultivating and getting in garden and field crops; collecting and storing away fruit; sawing, splitting and piling wood; husking and shelling corn; dressing flax; tending stock, milking cows, making butter and cheese, washing, ironing &c. &c., in fine, all the labors of a large farming establishment, besides various mechanical labours." "I confidently," he says, "anticipate the time when all these things will be performed in our insane asylums, and when arrangements for such labour will be considered as indispensable, as the strong rooms and strait waist coats for the refractory have been in times past. This is not mere expectation. In the institution over which I have the honor to preside, we have within the last 8 months, illustrated in our experience, not only the practicability, but the great utility of labor.—Our farming, gardening and the sawing, splitting and piling all our wood, besides mechanical labor, have been done by the patients, with the assistance of the attendants, and our only difficulty has been that we have not been able to find enough for them to do.—The females have also been engaged in domestic labors and in sewing, knitting &c. &c., and all this without coercion, but by calling into exercise the feelings necessary to excite them to voluntary labor. Useful labor is always the best employment. But there are some who will not be thus engaged; these must be occupied, and those that do not work should always have relaxation; and besides the various amusements and diversions which can be enjoyed within doors and in the yards, they should be taken to ride and walk into the country, sent out on fishing excursions, skating, &c. The occupations should be as constant and as varied as possible, and the time will come, when to allow a man to indulge his reveries in idleness, until he has sunk into a state of confirmed insanity, will be considered, as it deserves to be, a gross neglect of duty. The order of the day," he concludes, "is onward. Our old institutions must and will provide the means for facilitating the employment of their patients, and if with all the light and knowledge which can now be obtained, our Legislatures, and the other bodies of men engaging in establishing new institutions, neglect to provide these facilities for restoring the insane, they will inflict a sore evil upon humanity," &c.

Dr. WOODWARD, of the State Lunatic Hospital, Worcester.



on this subject remarks:—"The produce which we raised the last year was estimated to be worth at least \$800, and might if we had 100 acres of Connecticut river land, easily be made four times that amount. I do most anxiously wish that one Institution may be established in this country, in which the benefits of labor, both as a restorative and in a pecuniary point of view, may be fairly tried." He again remarks:—"The institution, as well as the inmates, will be benefitted by labor. I think that ten per cent. of the annual expense can be saved in this way." In another communication he says:—"We (Dr. Lee and himself) believe in the efficacy and practicability of this plan. We hazard our reputation upon its success, if the means can be placed in our hands."—"Give us the means for the employment of the insane on lands and in shops, and I think we will exhibit results which will gratify the public."

The last annual report of the Worcester establishment says:—"On the subject of labor all our experience confirms the view formerly expressed of its utility, both to the patients and to the institution. We have at present a dozen *incurable* patients, who could labor daily in the field, and as many more that might be employed a part of the time pleasantly and profitably. An institution of the character of this will always have a number of working men in it, and they are always disposed to labor when permitted. Shut up in the halls, they are often unhappy, discontented and troublesome; suffered to go into the field and garden and join in the labors of the season, they will be cheerful, pleasant and healthful. Patients duly appreciate the confidence thus reposed in them, and bring into requisition all their powers of self control to show that confidence has not been misplaced. Appetite and sleep are promoted by labor, the physical powers become renovated, and the prospect of cure is greatly increased. I am confident," he continues, "with suitable moral management, labor is the best means of restoring chronic cases to health and mental soundness."

"Convalescents are also particularly benefitted by labor. When the excitement of disease wears away and the mind becomes capable of rational reflection, the subject of employment is first adverted to; the animal powers feel the need and demand active exertion. "Give me something to do" is the universal request of this class of patients."

"I am aware" observes Dr. WOODWARD, "that other kinds of exercise have been recommended by those whose opinions are entitled to the greatest weight on this subject. Whatever may be the case in other countries, and in other institutions in this country, I am confident that for the inmates of this hospital, coming as they do almost exclusively from the laboring classes of society, agricultural and mechanical employments are most congenial to their feelings and most advantageous in promoting recovery. We have not the military taste of the Prussians and the Germans, nor a relish for the light amusements of the French and Italians. We are emphatically a working people and are not in our element without labor.

Taking it for granted that an Asylum could be carried on without expense to the State as it appears to be at Worcester, the committee feel that in regard to the first cost of endowment, they cannot do better than to refer to the details and estimates, referred to this House in 1834, as containing the requirements and expenditures estimated in a manner accurate, liberal, and within the limits of truth, which they have annexed to this report. By this it appears that the entire expense of buildings, furniture &c. would be about \$21000; which with \$4000 needed for suitable lands and improvements, would make the total of \$25000 necessary for the entire object.

In conclusion your committee would remark, that they have not a doubt, that if the entire facts relative to the condition of the insane poor of this state were presented to the people of New-Hampshire, there would be but one opinion in relation to the wisdom, the expediency, and the economy of establishing an asylum for the insane. Trusting that the enlightened attention of our citizens may be so directed to this subject as to justify speedy action of their legislature in the premises, they beg leave to report the following resolution, recommending its consideration to be deferred to the fall session of this body:—

LUTHER V. BELL,  
for the Committee.

*Resolved*, That the further consideration of the subject be postponed to the next session of the Legislature.

## APPENDIX.

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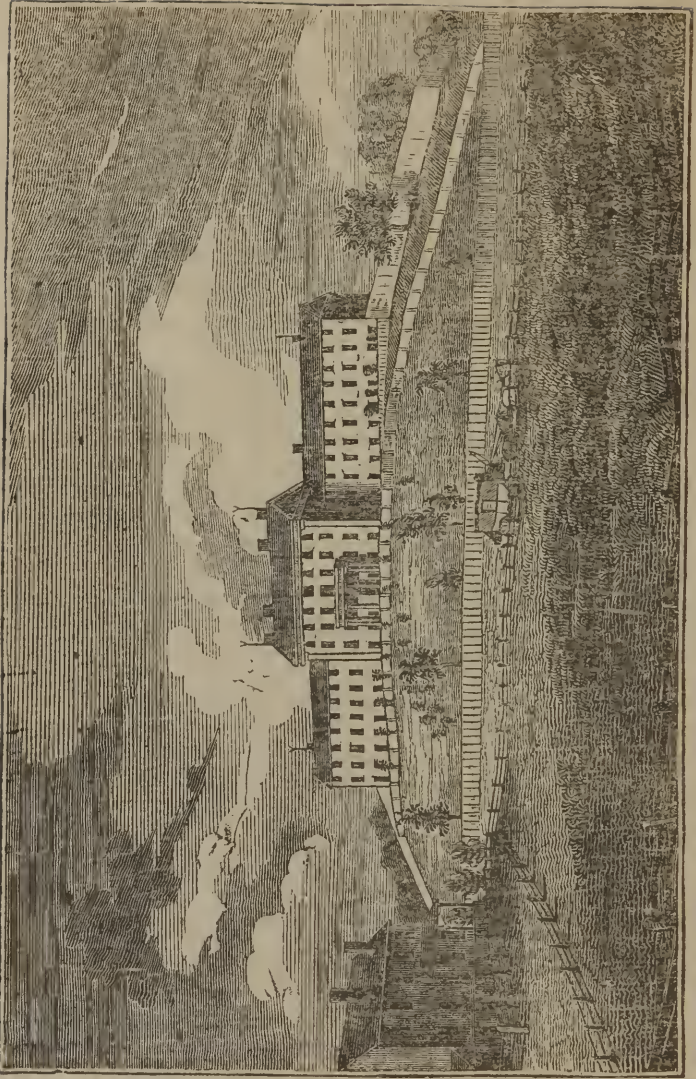
*Extract from a report made by Charles H. Peaslee to the House of Representatives, June session, 1834, for the Committee on so much of the Governor's Message as related to the insane.*

In regard to the expense, your committee are of opinion, that apart from the claims of suffering humanity, the endowment of a Hospital would in the end prove by far the most economical method of supporting the insane in this State. The whole cost of erecting, furnishing and fully preparing a Hospital, suitable for the reception of 120 patients, on the plan of the Worcester Asylum, the best constructed of any within our knowledge, would not in our opinion exceed \$25,000.

The Hospital at Worcester, Mass. consists of a centre building and two wings. The centre building is 76 feet in length, 40 feet in width, and four stories in height. The wings are each 90 feet long in front, and 100 in the rear, 36 feet wide, and 3 stories high. They are in the same *line*, extending to the right and left from the opposite ends of the centre building. The front of the centre building projects 22 feet forward of the front of the wings. The wings, being 36 feet wide, half their width, or 18 feet, joins upon the centre building; the other half falls in its rear. This arrangement connects the centre with the wings, so far as to allow a free communication between them by means of stair-ways and thoroughfares, and at the same time, so far disconnects them, that the inside ends of the long halls in the wings, (hereafter mentioned) falling in the rear of the centre, open into the external air, and thus as it regards ventilation, the advantages of separate buildings are secured to the wings.

The cellar extends under the whole edifice. An excavation to the depth of three or four feet was necessary in order to lay the foundation; and by excavating a little deeper than was indispensable for that purpose, a great amount of room is obtained, and many obvious advantages are secured.

The basement story of the centre building is designed for store rooms, a kitchen, laundry, &c. The front part of the second story, contains four rooms of convenient size, which with the



**View of the State Lunatic Asylum, at Worcester, Massachusetts.**



chambers immediately over them and the small sleeping apartments into which the fourth story is divided, are intended for a Superintendent and his family, a steward, and the domestics and laborers necessarily employed in and about so extensive an establishment. As this portion of the Hospital is to be used in the same way as any ordinary dwelling house, it is according to the plan to be finished in a similar manner. The rear of the 1st, 2d, and 3d stories of the centre building is designed for the dining and day rooms of the insane.

The wings are, in each story, divided in the centre by a long hall or aisle, 12 feet in width, and extending from end to end. In consequence of the wings' falling half their width, as before mentioned, in the rear of the centre building, these halls communicate, at both ends, with the external air and thus the means of a most thorough ventilation are secured. Whoever has visited any public establishment, where the entire end of a wing is met and closed in by the side of the main building, cannot have failed to perceive the noisomeness of the atmosphere at that place, compared with it at the outer end, where free admission has been given to the pure air. On each side of these halls are situated the apartments designed for the insane. They are 8 feet by 10, and are all provided with a permanent seat secured in the wall. Each apartment has a large window with an upper sash of cast iron and a lower sash of wood, both of which are glazed. Immediately without the wooden sash is a false sash of cast iron, corresponding with the wooden one in appearance and dimensions. This is set firmly into the *sides* of the window frame, a narrow space being left at the bottom for water to pass off and save the frame from decay. When the wooden sash is raised, the false iron one presents a barrier against escape or injury from leaping out through the window. It is said, that a man however *furiously mad*, or impatient of confinement he may be, will rarely attempt to break through a window until he has first tried unsuccessfully to raise it. If it be so, this simple contrivance will afford effectual security both to property and person, without inflicting upon the patient any injurious restraint. Each of these apartments is provided with two air flues, one for heated, the other for cold air. It is intended to warm the wings by furnaces placed in the cellar. The hot air is to be conducted from the furnaces through flues in the hall's walls, and to be discharged through apertures into the halls. By these means, the air in the halls may be raised throughout to any desirable temperature. Over the door of each apartment, there is a small aperture, through which the heated air in the halls will pass into the rooms and thence will be carried off into the attic by means of the hot air flue of the room. The aperture of this flue

is at the bottom of the room, and is to be kept open only in winter. The aperture of the other flue is at the top of the room and is to be kept open in the summer, so that, as the air is made light by heat, it will rise and pass off through this channel, and the cool air from without will rush in to supply its place. All these flues open into the attic, which is ventilated by sky-lights in the roof, and large fan windows at the ends. At the end of the wings, where they join on and are connected with the rear part of the centre building, the halls open into the dining and day rooms, before mentioned, in the centre building. These rooms are fitted up with the same means of strength and security as are provided for the apartments in the wings, and, being directly connected with the halls, are to be warmed from them. The dining rooms, occupying the rear of the 1st, 2d, and 3d stories of the centre building, are of course situated immediately over a portion of the kitchen. Adjoining these rooms a perpendicular space is left open from the kitchen to the third story, through which, by means of an apparatus similar to a windlass, and called a dumb waiter, the food can be raised from the kitchen and distributed to one hundred and twenty persons in six different divisions without inconvenience.

Each story in the wings is provided with a bathing room, washing room, &c. The large windows at each end of the hall, are protected by an open frame work of iron. Each hall has a separate stair-way, leading into an outer yard, so that each story in each wing is as entirely disconnected from all the others, as if it were a separate building. This allows that separation and classification of the patients, on which all treatises upon the means of restoring the insane, so strenuously insist.

The roof of the Hospital is covered with slate. Besides the security, which this material furnishes against fire, any other covering, it was believed, would seem incongruous with the public character of the building, its solidity, and expected durability.

To prevent unhealthful moisture from being deposited upon the inside walls of the edifice, an interstice or open space is left between the external and internal courses of bricks—the courses being strongly fastened together by tiles—so that a free circulation of air through all the exterior walls, from the underpinning to the attic, will effectually obviate that almost universal inconvenience of brick habitations."

The commissioners to erect the Hospital at Worcester state in their report that the preparation of the grounds, the excavation and stoning of the cellar, the construction of a road by which an easy access is gained to the elevated side of the building, requiring the removal of about 9000 cubic feet of gravel, raising the ex-



terior walls of the edifice, which is 256 feet in length, with partition walls of brick, carried up from the foundation, and dividing it into more than 130 apartments, the roof of slate; the very expensive windows; with all the carpenters labor, and materials so far as the same have been necessary in the progress of the work; have been accomplished at an expense of something less than \$24,000.

Your Committee, aided by persons acquainted with building, have made an estimate of the expense of erecting and furnishing an Asylum in this State, on the plan of that at Worcester, with the following result. The calculation is made for walls of brick, 20 inches thick in the lower story, diminishing 4 inches in each ascending story, and cellar wall of stone 2 feet thick.

Expense of excavating and stoning cellar under the whole building, including underpinning stone and door steps,			\$2,000
Brick work,	1030 m. at \$8		8,240
Timber,	100 m. at	} \$8	
Boards,	100 m. at		1,600
Shingles,	100 m. at \$3		300
Doors and windows,			1,100
Nails, door hinges, and trimmings,			250
Plastering,	500 yds.		600
Carpenters' and joiners' work,			2,500
Furnaces,			1,000
240 Cast iron casements,	at \$8		1,920
Painting,			350
			<hr/>
			\$19,860

The above estimate may not be correct in every particular, but mechanics, who have seen the Asylum at Worcester, say such an one may be built in this State for \$20,000 or less, with the exception of slating the roof.

The furniture in each room, consisting of hair mattress bed, bedstead with board bottom, bedding, &c. will cost \$9,00, which, for 120 rooms will make

	\$1,080
Add building,	19,860
	<hr/>

And the whole expense of erecting and furnishing is \$20,940

Allowing, then, the whole expense of erecting and furnishing the establishment to be \$25,000, there would remain \$4060 to be expended in adorning the grounds, providing the necessary out buildings, fencing out separate yards and for other purposes.

As regards the expense of supporting 120 patients at the Hos-

pital, it is believed it would not much exceed \$75 each per annum, exclusive of clothing, and our conclusion is thus arrived at:

Salary of Physician and Superintendent,	\$1,000
Wages of 6 male attendants,	900
Wages of 5 female attendants,	450
Do. of Steward and Matron, laborers, cooks and other domestics,	1,000
Provisions, groceries and medicines,	5,000
Fuel and lights,	800

Making in the whole,	\$9,150
or \$76,25 to each of 120 patients.	

